A Quick Massage is also known as Express Massage, Shiatsu Express, Chair Massage (BASILIO, 2011). It was founded in 1986 in the United States, more precisely in the center of New York, Manhattan, known as Manhattan Chair, by the therapistnamed Dalvid Palmer (STEPHENES, 2018).

Manual movements are more than 5000 years old, called in the East as “anma” or “an-ma,” meaning “to calm with the hands,” push-pull-push, combines the principles of traditional Chinese medicine with the pursuit of bioenergetic balance, reducing pain and contractures (POSSER, 2011).

Quick Massage is a therapeutic technique for rapid stress relief. Performed from 10 to 30 minutes in a specific chair that is suitable for small spaces and can be performed in a public place, designed to comfortably accommodate the patient without need to undress and without products (NEUMAN, 2012). Rapid and effective, in the work environment can be used as motivation to workers and improved performance (VAZ, 2010).

Caregivers of children need total balance, concentration, and emotional control to perform tasks. (SÃO PAULO, 2018).

In 1992, The World Health Organization (WHO) called Stress of “the Disease of the 20th Century”. Today, it reaches about 90% of the world's population. Stress is an organic response to an imbalance, which is distinguished from the natural state, requiring adaptation. In these situations, the body passes of homeostasis to the alarm. However, what perpetuates generates resistance and wear, and may become harmful to the individual (NESSI, 2010).

The work faces the various and sometimes high stress levels. Dedication to work and to profession is what most consumes the lives of most human beings. healthy workers work with perform better. (PLATZER; SILVEIRA E VILAGRA, 2013).

Quick Massage includes the following massage maneuvers: slip, compression, kneading, linear friction, circular friction, transverse friction, pressure and percussion, rolling vibration, percussion and elongation of neck and pectoralis major (BASILIO, 2011).

In most work activities there is a stressful environment, with routines of responsibility and psychological pressure with excess of activities, commitments, repetitive activities, manual labor and hours in the same position. In contemporary society, the accelerated pace and demands of work activities, together with family and affective ones, have been increasing stress levels (VAZ, 2010).

The concept of stress is original of physics described as one or more forces, that applied to a body, tend to wear it or deform it, when occupational directly impacts the health and productivity of the worker (WHO, 2018). The worker presents mental

Therapeutic touch is a potentially beneficial instrument for health. It releases hormones, neurotransmitters of well-being (endorphins and serotonin). The touch balances the body energy. It activates circulation and helps to eliminate toxins (SANTOS, 2011).

Caregivers of children need total balance, concentration, and emotional control to perform tasks. (SÃO PAULO, 2018).

A healthy working environment is one in which there is not only absence of harmful conditions, but an abundance of health promoting agents. In EMEIs, work has to be fulfilled on a precariousness in teaching and government support, with overload of activities and obligations, large numbers of children often with discipline problems (PEREIRA, 2014).

It is a technique that can benefit these workers, relieve their tensions and muscle overload, promoting relaxation of these professionals. It hopes that with the research contribute to the health of the caregivers of children municipal education and reducing possible future health problems that may hinder the full implementation of their professional career (MORETTI e LIMA, 2010).

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the mean HR was 82 bpm for before the massage and 75 bpm after the massage as shown in graph 1. The average of the PAD was of 8.24 before the massage getting in 7.83 after the massage. The heart rate decreased in 15 volunteers, of systolic blood pressure (SBP) and diastolic blood pressure (DBP). The mean SBP was 12.36 before the massage while after the massage was 12.06. Already in the evaluation of the diastolic blood pressure, there was a decrease of 2.43% in the mean of the 15 measurements of SBP and 4.97% in the average of DBP.

Companies should invest in improving jobs and workers’ well-being and health (PLATZER; SILVEIRA E VILAGRA, 2013). The global picture once installed assumes disabling and chronic characteristics, disorders that may include anxiety, reduced productivity, absenteeism, hospitalizations, emergencies and emergencies, and suicide (WHO, 2018). Increasingly, massage therapy has been recognized as an effective resource for stress prevention, reducing symptoms and preventing future illnesses related to it. The beautician is the professional who acts directly in the promotion and maintenance of health and well-being through alternative techniques (ABREU, SOUZA and FAGUNDES, 2012).

The study was carried out within the CIS, in a classroom space, where 02 ergonomic chairs of Quick Massage were assembled.

The pressure apparatus was used “OMRON” for pressure measurement. It is a compact monitor, in size: 72 mm x 56 mm x 44 mm. Easy to use at home, at work and on the go. The Omron blood pressure monitor uses the oscillometer blood pressure measurement method. This means that the monitor detects the movement of blood through the artery and converts the movements into a digital reading.

The Quick Massage chair was used with the following description: solid structure, safe and easy to assemble. Ideal for small and quick interventions. With reduced weight and size, it privileges transportation and practicality. Technical characteristics: static capacity: 140 kg; mass 12 kg; Three densities of upholstery, foldable and portable, carbon steel frame, chest support and seat with set points.

The volunteers were instructed to complete the anamnesis records (APPENDIX I), where all were evaluated for inclusion and exclusion criteria, where on average the main complaint was pain in the upper dorsal region, in order to participate in the study. Then, those who did not have any exclusion criteria, signed the TCLE - Informed Consent Form and the Voluntary Participation Consent (APPENDIX II). According to Luft (2010), the Questionnaire “Perceived Stress Scale (ANNEX III) was applied with 10 questions that elucidate negative factors (6) and positive factors (4), and the Adapted EVA Questionnaire (ANNEX III).

Blood pressure and heart rate were measured. After this initial information collection, the beautician performed the whole procedure of cleaning and sanitizing the Quick Massage chair with 70% alcohol and a disposable cap was placed on the headrest, in sequence informed and positioned the volunteer in the same of the Quick Massage sequence (ANNEX IV), according to the POP - Standard Operating Procedure number 20 of the SPA & Wellness Center Anhembi Morumbi, also cited by Pereira (2013). A session was held in each of the volunteers.

At the end of the massage, blood pressure, heart rate, and asking about pain relief in the region, according to the EVA Adapted Questionnaire (CAMPOLINA, et al., 2011) were evaluated to assess whether there was a reduction in pain and a questionnaire on relaxation and satisfaction of the technique (NEUMAN, 2012) (ANNEX V).
Heart rate (HR) decreased in 15 volunteers; mean HR was 82 bpm before massage and 75 bpm after massage (Chart 3).

The Perceived Stress Score Questionnaire was applied and the majority of respondents, that is, 80% (15) were found to have a High Perceived Stress. Of 40 possible points, 58% (11) reached 30 to 40 points. 21% (4) reached 20 to 29 points and another 21% (4) reached 10 to 19 points.

The main findings were: decrease in blood pressure, heart rate and muscle pain, as well as ABREU; SOUZA and FAGUNDES (2012).

It was observed in this work, through questionnaires, that Quick Massage promoted the sensation of muscular relaxation and relief of pain reported previously by the volunteers in the anamnesis. related to muscular tension, mainly in the neck, shoulders and back.

Regarding satisfaction with the technique, 100% of the volunteers reported they were relieved and satisfied with the procedure performed, according to satisfaction questionnaire.

**DISCUSSION**

Quick Massage is a technique derived from Eastern Shiatsu, based on stretching, sliding with pressure, to relieve tension and decrease muscle pain (MORETTI e LIMA, 2010).

It was observed in this work, through questionnaires, that Quick Massage promoted the sensation of muscular relaxation and relief of pain reported previously by the volunteers in the anamnesis. related to muscular tension, mainly in the neck, shoulders and back.

The main findings were: decrease in blood pressure, heart rate and muscle pain, as well as ABREU; SOUZA and FAGUNDES (2012).

The Stress Scale questionnaire points to a relevant reflection about stress in the work environment. The precariousness of the Brazilian education system with the lack of resources and excessive activities and students in the classroom makes the work of these employees a place conducive to stressful situations (PEREIRA, 2014).

The work stress generates pain and discomfort, causes the appearance of diseases. It is the moment when anxiety, nervousness, fatigue, sadness and a lot of responsibility accumulate, as well as muscular and psychological tension, causing injury to both the employee and the employer (FARIAS; TEIXEIRA; OLIVEIRA, 2011).

Stress is directly related to blood pressure, the autonomic nervous system acts on the cardiovascular system, which in situations of stress increases heart rate to increase cardiac output, for better nutrition and oxygenation of muscle cells for muscle contraction. The respiratory rate also rises to increase gas exchange, increasing the oxygenation and expiration of carbon dioxide, potentiating the basal metabolism (FONSECA et al., 2009).

It causes vasoconstriction by activation of the sympathetic system, increasing total peripheral resistance, which together with increased cardiac output cause an increase in blood pressure (STEPHENES, 2008).

In this study, of the 15 volunteers evaluated, 78% presented a decrease and 12% remained stable. The same happened with Imaizumi, Silva, Anselmo et al. (2007) who evaluated the influence of massage on blood pressure by measuring it...
in 6 moments during the execution of the technique and obtained a reduction in post-massage blood pressure.

The decrease in heart rate that has occurred is explained by Nessi et al (2010) stated that massage and its moderate-pressure movements stimulate the parasympathetic nervous system, thus reducing heart rate, circulating cortisol levels and consequent relaxation, decrease of stress.

The female employees reported full relaxation and well-being after the massage during the session through the satisfaction questionnaire. Suguiinoshita (2011) runs a program that offers Quick to bank branch employees and states that after the session, all employees are more relaxed, with less pain and tension, returning to more lively activities with a high level of concentration, that technique as an effective tool for quality of life at work.

Alves, Fernandes and Braz (2015) have tested Quick massage in accompanying cancer patients who have a high level of stress and concluded that it is a technique that leads the patient to a deep relaxation.

Platzer; Silveira e Vilagra (2013) after systematic review in the literature concludes that Quick massage does indeed promote benefits in the body, triggering positive multi-center responses: cardiovascular, muscular, emotional and psychic.

Besides the practice, the small interval given in the work activities in the work environment for well-being and health care generates a feeling of comfort and encouragement for the employee and boosts his perform. Improving the quality of life of employees makes the environment healthier and more productive (SUGUINOSHITA, 2011).

Due to the importance of the quality of life at work and being the essence of the Graduation of Aesthetics the responsibility for promoting the well-being and health of its patients, Quick Massage can be offered for the numerous benefits that it has proven to provide. There is a great demand for aesthetics where work-related stress and illnesses increase exponentially, both in the private and public spheres (SEBRAE, 2018).

Because it is a fast, easy-to-execute and effective technique, it is suggested that new research be carried out, that long-term benefits are measured and later this practice is implemented in work environments, for example in companies, schools, banks, hospitals.

CONCLUSION
It is concluded that a Quick Massage session applied in caregivers of children during the workday is able to decrease heart rate, blood pressure and promote relaxation. It is an important tool to be offered in companies and improve the quality of life of employees reducing occupational stress that negatively affects the overall performance of the worker, being a major market niche for beauticians.

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THE EFFECTS OF QUICK MASSAGE ON CHILD CARE

La calidad de vida en el trabajo es extremadamente importante. Trabajadores sanos trabajan bien y tienen mejor desempeño. El trabajo es un factor importante de estrés físico, mental y psicológico. Es cada vez más común encontrar trabajadores que sufren de agotamiento fisiológico y psicológico, dolor muscular y tensión entre los trabajadores. El estrés laboral está directamente relacionado a la ocupación y al tipo de trabajo realizado, los cuidadores están expuestos a diversos factores estresantes, como vivir sin disciplina estudiantil, baña remuneración, sin tiempo gastado en salud y bienestar. En estos casos, procedimientos rápidos y eficaces tales que el massage rápido son bien aceptados, ayudan a aliviar los síntomas relacionados con el estrés, garantizan la relajación, amelioran la circulación sanguínea, relajan la tensión y los dolores musculares. La técnica puede ser realizada de 10 a 30 minutos, sobre la ropa y sin necesidad de productos. El objetivo de este trabajo es estudiar el alivio de los síntomas relacionados con el estrés, la calidad de vida en el trabajo, y las mejores prácticas para su implementación.

Palabras clave: masaje, massage rápido; estrés en el trabajo.